

May

# NEWSLETTER

2006

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

## Services Offered



Arts & Crafts



Cultural Programs



Daily Lunch



Educational



Exercise



Health Services



Information &

Referral



Recreation



Socialization



Transportation



Travel



Volunteer  
Opportunities

Open Monday  
through Friday  
8:00-4:30

## “Senior Centers: Our Community Investment”

National Senior Center Week Celebration

**Monday, May 15**

Open House, Entertainment, Buffet Style Dinner

3:00 - Center Activities including Line Dancing, Pool Tournament, Red Hatters

5:00-6:30 - Center Tours and Dinner Served

5:30-6:15 - Mountain Valley Volunteers Entertain

6:15 - Short Program unveiling the tiles purchased in support of the  
Center's 25th Anniversary! Thank you! Tiles are still available.

Advance Tickets needed for Dinner - Cost \$5

*Buffet Style - Grilled Pork Chops, Spinach Salad, Pasta Salad, Potato Casserole,  
Green Beans, Roll, and Strawberry Cake!*

FRIENDS AND FAMILY WELCOME - “SENIOR CENTERS: OUR COMMUNITY INVESTMENT”

### Other Senior Center Week Events...

8 Ball Tournament at Ritz Classic - see page 12

Celebration to honor friends 90+ and couples married 50+ - see page 12

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.  
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.  
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

## Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center  
#10 E. 6150 S.  
Murray UT 84107  
801/264-2635  
fax 801/685-9140

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Personal notices are charged the rate of 50¢ per line per issue.

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## Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

## Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. Donations are appreciated to cover the cost of printing. The Heritage Center is funded and operated by Murray City.

### Mayor

DANIEL C. SNARR

### Chief of Staff

JAN WELLS

### Public Services Director

DOUG HILL

### City Council:

JEFF DREDGE, DISTRICT #1

ROBERT D. ROBERTSON, DISTRICT #2

JIM BRASS, DISTRICT #3

PATRICIA GRIFFITHS, DISTRICT #4

KRISTA DUNN, DISTRICT #5

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## ***Heritage Center Staff:***

### Director

SUSAN H. GREGORY

### Program Coordinator

GEORGE FENSTERMACHER

### Program Coordinator

DAVEEN HAWS

### Secretary

SHARON CANTONWINE

### RECEPTIONIST

MARY HALL

### Ceramic Instructor

CINDY MANGONE

### Meals Supervisor

JOZEFINA DUVNJAK

### Meals Assistant

LOLA STRELOW

### CUSTODIAN

DAVE LINDORFF

### Vehicle Driver

LOWELL HART

### Building Attendant

SHIRLEY FLOYD

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## ***Heritage Advisory Board***

RICK BATTISON, WAYNE BICKLEY,

GENEVA HARRIS, MEEDA SMITH,

NITA SCHULTZ, RON WATTS,

BARBARA WOOLSEY, LEDA WRIGHT

LUCY ZUMBRUNNEN

*Appointments Requested*

## Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

## Stamps & Copies

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. □

## Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week supply of lunch coupons. □

## Credit Cards



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. Debit cards are also accepted. □

# COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS

## Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.

Computers are available during open lab time when classes are not scheduled. There is no charge to use the computers during open lab time. Most classes are 1.5 hours.



### Basic Computer I

This class is for the beginner. Learn how to move around in windows as well as basic concepts. **Mon., Tues., Thurs., May 8, 9, 11, 15, 16, 18 at 10:30.** Cost \$30.

### Genealogy \*New\*

A new class taught by volunteer Floyd Waterman. Learn the basics of getting started with your family history using the Personal Ancestral File (PAF) a free genealogy and family history program. Learn about the PAF program, how to enter data, how to search for names, other resources, and how to organize information. You must be familiar with a computer, typing, and navigating windows before signing up for this class. The cost is \$10 for 8 classes. **Tues. & Thurs. at 1:00** starting **May 9** and ending June 1. Pick up an information sheet on what to bring to class when you sign up.

## Basic Email

Set up a free email account using Yahoo. Prerequisites: Persons must have taken Basics I or be familiar with using a mouse and navigating around Windows. Cost is \$15 for 3 classes. **Mon./Tues./Thurs. May 22, 23, 25 at 10:30.**

## Basic Internet

Prerequisites: Persons must have taken Basics I or be familiar with using a mouse and navigating around windows. \$15 for 3 classes. **Mon./Tues./Thurs. May 8, 9, 11 at 8:45.**

## Intro to Scanner

Volunteer Gordon Gutke will demonstrate how to use the scanner in the computer room. Free. Registration limited. **Fri., May 12 at 10:00.**

## Excel

Learn the basics of Microsoft Excel in this 4 session class. Cost is \$20. Must be familiar with windows. **Mon., Wed., May 15, 17, 22, 24 at 12:30.**

## Keyboarding \*New\*

Want to learn how to type better? Take this 4 session keyboarding class. Cost is \$20. **Tues., Thurs.,**

**May 16, 18, 23, 25, 30, June 1 at 9:15 a.m. (1 hr. class).**

## Greeting Cards

Learn the basics found in most greeting card programs with volunteer instructor Wilma Jepperson. This class is free. Sign up is limited. Choose **Mon., May 8 or Wed., May 10 at 12:30.**

## Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who just need access to a computer. The lab is open **Monday through Friday** when classes are not scheduled. Volunteers on hand on Wednesday (Glen) & Friday (Gordon) from 9:30-11:30. Internet access is available.

## HUGS - Heritage User Group for Seniors



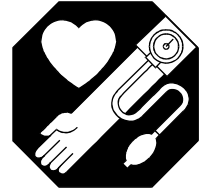
The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wednesday, May 10 at 1:30.** Thank you Tom Manak, HUGS volunteer, for arranging the great speakers.

The group meets every month on the second Wednesday of the month at 1:30 p.m for a presentation, door prize and swapping information. The cost to join the club is \$10 per year. □



## HEALTH SERVICES

Blood Pressure & Glucose Checks  
Every Thursday - 10:00-12:00



### May Clinics

#### Blood Testing

**Thursday May 18 @ 9-12**

#### Vision Screening

**Thursday May 25 @10:30-12:00**

#### Toenail Clipping

**Thursday June 1 @9-10:30**

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*Monday, May 8 & 22 at 1:00*

### Mental Aerobics

Are you stuck in a rut? Are you a creature of habit? Mental Aerobics is a new class at **1:00** on **Mon., May 8 and 22**. The class is designed to open your brain to new ideas and new approaches. Instead of saying I can't do this, this class will help you wonder what you can learn from a new encounter or a situation. By exercising the mind we keep neuropsychological pathways active, reduce the chances of dementia and Alzheimer's, reduce aging of the brain, and improving memory.

Join this fun and light hearted class as we explore ways to get us out of our ruts. Class is free. □

### Blood Testing

**Thursday May 18 from 9-12 Noon**

Blood testing will once again be offered **Thursday, May 18** at the Heritage Center, and will be by appointment only. Appointments can be made starting May 4.

IHC will only draw your blood on the 18th so that specific tests can be run in the hospital lab. Test results will be mailed out 1-2 weeks later. You choose which screening you would like the day of the testing. Among your choices are a Comprehensive Metabolic Panel (testing sodium, and potassium levels etc.), Cholesterol, Complete Blood Count, Prostate, as well as your Thyroid. Cost for these test are available at the front desk with a range from \$10.00-\$45.00. Payment is made the day of testing and checks should be made out to IHC.

Cholesterol is one of the fat-like nutrients that is transported in your blood. It helps to build cell walls and make hormones. Excess cholesterol enters the blood stream when we eat foods that contain cholesterol such as meat and dairy products. Cholesterol becomes trapped on the coronary arteries and builds up over time when too much cholesterol is in our blood stream. The clogged artery will not let nutrients and oxygen through to the heart. Without the nutrients and the oxygen, the result is chest pains, heart attack, or sudden death.

Other potential problems evaluated by blood testing include bone disorders, like osteoporosis, kidney and liver functions, gallbladder disease, dehydration, red blood cell disorders, and prostate cancer. Who is at risk for cancer? The answer is everyone. According to the American Cancer Society, in the United States 1 in 2 men and 1 in 3 women have a lifetime risk of developing cancer. In 1997 there were 2,130 deaths among Utahans due to cancer. In 1999 it was estimated that 100 of those deaths were from prostate cancer. For more information on cancer call the American Cancer Society at 1-800-227-2345 or the National Cancer Information Service at 1-800-4CANCER. □

**More fruits and veggies** ---Research shows that most people eat an average of three servings of fruits and vegetables a day. That's far short of the 5-9 daily servings recommended. Ideas: Add fruit to cereal at breakfast...snack on raw vegetables instead of potato chips...sip juice instead of coffee, tea or soda. □

## Glaucoma and Cataracts

**Thursday May 25 from 10:30-12:00**

Dr. Spencer and Prevent Blindness Utah will be at the center **Thursday, May 25 from 10:30 -12:00** to do vision and glaucoma testing. Appointments are required and can be made starting May 11.

Nearly 3 million people have glaucoma. It is a leading cause of blindness in the United States. What causes glaucoma? At the front of the eye is a small space or chamber. Clear fluid flows in and out of the chamber to nourish the surrounding tissues. In glaucoma, for still unknown reasons, the fluid drains too slowly out of the eye causing pressure to build. Unless this pressure is controlled, it may cause damage to the optic nerve and other parts of the eye and loss of vision.

**Who is at Risk?** Anyone over the age of 60, people with a family history of glaucoma, African Americans over the age of 40.

**Symptoms.** At first there may be no symptoms. As the disease progresses, a person with glaucoma may notice his or her side vision gradually failing.

**Treatment.** Although there is no cure, it can be controlled. Medications such as eye drops or pills can reduce pressure, or help improve fluid drainage. The use of lasers and surgery can also help. The best thing one can do for themselves is to have regular eye exams in which the doctor dilates the pupils. This allows the doctor to see inside the eye to check for signs of glaucoma.

Cataracts are the clouding of the lens. The inside of your eye has a clear, transparent lens inside of it. This clouding is caused by chemical changes in the eye that hinders the lens ability to transmit light. Cataract disease is a leading cause of blindness among American adults. It is most common among people over the age of 50.

**Symptoms.** Vision deterioration, sensitivity to light, double vision, frequent changes in eyeglass prescriptions.

**Treatment.** Cataracts can be diagnosed by an eye care specialist and if necessary, can be safely removed through surgery in most cases. □

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## Manicures - Thursday, May 11 & 25 (by appointment)

Karla Tall, a licensed and experienced nail technician, will be sharing her time and skills at the Center on the 2nd and 4th Thursdays each month. Appointments last about 40 minutes and will begin at 9:00 am. Cost for this service is \$10 and includes nail shaping, cuticle care, moisturizing, polish (if you wish), and great conversation.

Treat yourself to this health service. Register at the front desk for the date and time you wish. Gents are encouraged to avail themselves of this opportunity, as Karla also does **Men-icures**. □

## Massage Therapy

**Fridays 12:15-4:00**

Massage Therapy continues on **Fridays from 12:15-4:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you can't make your appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. □

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## Toenail Clipping Thursday, June 1

**Thursday, June 1** is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinner) are welcome. Applegate Home Care will be coming every other month from 9-10:30. The fee is \$10.00 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

# EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE

## AEROBICS-LOW IMPACT

### **Tuesdays & Thursdays**

9:00-10:00

Becky Clark - instructor

\$12 per month or \$2.50 per class

## STRETCHING - FREE

Thursday 10:00-10:30

Becky Clark - instructor

## STRENGTH CONDITIONING

### **Tuesdays & Thursdays**

2:00-3:00

\$15 per month or \$10 for repeats

Newcomers must attend the orientation at 1:30 on May 2

## CHAIR A-ROBICS

### **Wednesdays and Fridays**

11:15-11:45 Free

Lucy Tibolla - instructor

## YOGA

### **Wednesdays 10:15-11:15**

Jane Wallace and Lili Field - instructors

### **Fridays 9:30-10:30**

Jamie Pond -instructor

\$15 per month OR \$2.50/class

## NIA

### **Mondays & Wednesdays**

9:00 - 10:00

Julie Rider -instructor

\$20 per month or \$3 per class

## OPEN EXERCISE ROOM

### **Open for use daily**

\$5 per month or \$1 per visit

Visit 8 times in one month and get one month free! Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

## LINE DANCING

### **Tuesday Beginners**

2:00-3:00

### **Tuesday Everyone**

10:15-11:30

Shirlene Lundskog - instructor

\$1.50 per class

## NEW CLASSES?

Do you have any requests for exercise classes? Let the front desk know what type of class you would like to see.

## **Yoga**

### **Wed., 10:15 / Fri., 9:30**

Yoga is an ancient system of movements and breathing techniques. This class is designed to help you relax and rejuvenate your mind and spirit. Some of the many benefits of yoga include enhanced immunity, overall well-being, strength building, self awareness, stress reduction, relaxation, increased mobility and flexibility, as well as muscle toning.

Yoga provides a low risk of injury to muscles, as well as a low impact workout. If you are interested in lowering cholesterol, improving your dexterity, or are looking to simply sleep better, try the Center's yoga class every **Wednesday and Friday**. ☐

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*Get half off your next class!*

## **Exercise Promotion**

\*A special promotion : In honor of senior center week, May 15-19, we are encouraging participants in the exercise classes to bring a friend. If you bring a friend during the week of May 14-20 to any exercise class, you will receive half off on your next month's exercise class. Friends may attend the first class for free, and you receive a 1/2 off coupon for your next months class. Check in at the front desk. You must be registered for the class and friends must be new to the class in order for you to get the 1/2 off coupon.☐

## **Aerobics - Free Stretching Class to follow**

Aerobic is a fancy word for needing oxygen. Aerobic exercise is any kind of activity that makes your muscles use oxygen. When you do an aerobic activity you are bringing in oxygen to all of your muscles. This causes your heart to become stronger. The actual number of blood cells increases so the blood can carry even more oxygen. Even your blood moves more easily through the blood vessels. All of these things mean that your body works more efficiently to keep you healthy. Join our Aerobic class every **Tuesday and Thursday from 9-10**. A free stretching class is offered immediately following the aerobic class from 10:00-10:30, no registration necessary for the stretching class, give it a try! ☐

## CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Tuesdays at 12:45

### Craft Day

Join others “crafters” on Tuesday at 12:45 and share your talents and skills. Whatever craft you are working on is welcome. Leda Wright is the volunteer leader, and Lona Jensen a center volunteer who will make you feel at home.

May’s featured project will be taught on Tuesday, May 30 and is a plastic canvas novelty box or a playing card holder with paper and pencil. Pre-registration is required. Cost is \$1 and includes supplies. Class is free without supplies. Each project will take two sheets of plastic canvas, yarn, large needle, and bring your own scissors. See samples in the lobby. □

Thursday, June 1

### Reverse Mortgages

Learn all about a reverse mortgage on **Thursday, June 1** at 11:00. Cynthia Scharf from Reverse Mortgage of America will explain how a reverse mortgage may help you tap into the equity of your home and provide a variety of financial options. See if a future reverse mortgage may be right for you.

Mon/Tues/Thurs. 8:30-12:30

### Ceramics

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced. The cost to participate is \$1 each time you attend plus supplies. □

Monday, May 22 - 1:30

### Let’s Talk

Let’s Talk, the Center’s reading and discussion program continues on **Monday, May 22 at 1:30**.

The discussion is led by Charlotte Cox, a former leader of the Murray Library’s book group. There is a suggested one time donation of \$5.00 to help with costs. Let’s Talk is possible in part to the Utah Humanities Lending Library.

The book being read is *The Sky, The Stars, The Wilderness* by Rick Bass. In three novels, Rick Bass lets the reader into characters who describe the world and in doing so tells us a great deal about themselves. The last, the title story, describes the world as we would like to see it. □

Tuesday 9:30-11:30

### Water Color Lab

Table-top easels will be available for those who wish to use them during the lab.

There is no cost for the lab which will run continuously as long as there is interest in this format. Drop by any Tuesday □

Tues., May 23 & Wed., May 24

### Drivers Safety Class

This unique program for older drivers is eight hours of classroom instruction (12:30-4:30) that redefine existing skills and develop safe, defensive driving techniques. The class will be held on **Tuesday & Wednesday, May 23 & 24** from 12:30-4:30. *Drivers Safety* teaches preventative measures to use when driving that saves lives and to learn about the effects of aging and medications on driving. Some insurance companies provide a premium discount for graduates of *Drivers Safety*.

Students must attend all 8 hours of class to receive certificate of completion. Sign up and pay \$10 at the front desk. Make checks payable to AARP. □

Thursdays at 1:00

### Square Dancing Beginners Class

Learn to square dance on Thursdays at 1:00 with special attention given to beginners. The cost is \$1.50 per day and is paid when you arrive for the activity.

The group’s success depends on having several squares of dancers each week and several weeks will be dedicated to getting beginners familiar with basic dances and under the direction of our caller Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □ □

# MONDAY

# TUESDAY

## Heritage Center Events

**Heritage Center**  
#10 E. 6150 S.  
(west of State Street)  
264-2635

we are here to serve you  
**Monday-Friday**  
8:00-4:30

8:30 Ceramics  
8:30 Pottery Lab  
9:00 NIA  
10:30 Basic II  
12:00 Lunch

8:00 Golf - Rose Park  
8:30 Ceramics  
8:30 Pottery Lab  
8:45 Internet  
9:00 NIA  
10:30 Basic I  
12:00 Lunch  
12:30 Greeting Cards  
1:00 Mental Aerobics

8:30 Ceramics/Pottery Lab  
9:00 NIA / 10:30 Basic I  
12:00 NO Lunch / 12:30 Excel  
3:00 Hand & Foot Tournament  
8 Ball Tournament  
Line Dancing  
Pottery Lab  
5:00 Dinner & Entertainment  
6:15 Patio Dedication Program

8:30 Ceramics  
8:30 Pottery Lab  
9:00 NIA  
9:00 Golf- Stansbury  
10:30 Email  
12:00 Lunch  
12:30 Excel  
1:00 Mental Aerobics  
1:30 Let's Talk

**Center Closed**

8:30 Ceramics  
9:00 Aerobics  
9:30 Watercolor Lab  
10:15 Line Dancing  
10:30 basic II  
11:00 Canasta  
12:00 Lunch  
12:30 Crafts  
2:00 Strength Conditioning  
2:00 Beginners Line Dance

8:30 Ceramics  
8:30 Wendover Trip  
8:45 Internet / 9:00 Aerobics  
9:30 Watercolor Lab  
10:15 Line Dancing  
10:30 Basic I / 11:00 Canasta  
12:00 Lunch  
12:30 Crafts / 1:00 Genealogy  
2:00 Strength Conditioning  
2:00 Beginners Line Dance

8:30 Ceramics  
8:30 *Noni International Trip*  
9:00 Aerobics / 9:15 Keyboard  
9:30 Watercolor Lab  
10:15 Line Dancing  
10:30 Basic I / 11:00 Canasta  
12:00 Lunch  
12:30 Crafts / 1:00 Genealogy  
2:00 Strength Conditioning  
2:00 Beginners Line Dance

8:30 Ceramics  
9:00 Aerobics / 9:15 Keyboard  
9:30 Watercolor Lab  
10:15 Line Dancing  
10:30 Email / 11:00 Canasta  
12:00 Lunch / 12:30 Crafts  
12:30 Safe Driving Class  
1:00 Genealogy  
2:00 Strength Conditioning  
2:00 Beginners Line Dance

8:30 Ceramics  
9:00 Aerobics / 9:15 Keyboard  
9:30 Watercolor Lab  
10:15 Line Dancing  
11:00 Canasta  
12:00 Lunch  
12:30 Crafts / 1:00 Genealogy  
1:00 Pen Pals Bingo Party  
2:00 Strength Conditioning  
2:00 Beginners Line Dance



WEDNESDAY	THURSDAY	FRIDAY
9:00 NIA 9:10 Int. Spanish 9:30 Pinochle / Computer Lab 10:10 Advance Spanish 10:15 Yoga 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 11:45 Vol of Month 12:00 Lunch / 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Aerobics 10:00 Stretching 10:00 Blood Pressure Glucose 10:30 Basic II 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 1:00 Pottery Class 2:00 Strength Conditioning	9:30 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
9:00 NIA 9:10 Int. Spanish 9:30 Pinochle / Computer Lab 10:10 Adv. Spanish 10:15 Yoga 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 12:30 Greeting Cards 1:00 Bridge 2:00 Spiritual Cinema	8:30 Ceramics / 8:45 Internet 9:00 Aerobics / Manicures 10:00 Stretching 10:00 Blood Pressure Glucose 10:30 Circus / Basic I 12:00 Lunch 1:00 Square Dancing 1:00 Pottery Class / Genealogy 2:00 Strength Conditioning	9:30 Yoga 10:00 Intro to Scanners 10:30 Brown Bag 11:15 Chair A'Robics 12:00 Mother's Day Lunch 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
9:00 NIA 9:10 Int. Spanish 9:30 Pinochle/ Computer Lab 10:10 Adv. Spanish 10:15 Yoga / 10:30 8 Ball 11:00 Attorney 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 12:30 Excel / 1:00 Bridge 1:30 HUGS	8:30 Ceramics / 8:45 Basic I 9:00 Blood Testing 9:00 Aerobics 9:15 Keyboard / 10:00 Stretch 9:00 Toenail Clipping 10:00 Blood Pressure/Glucose 12:00 Lunch / 12:45 Red Hatters 1:00 Square Dancing 1:00 Pottery Class / Genealogy 2:00 Strength Conditioning	9:30 Yoga 11:15 Chair A'Robics 11:00 90th Birthday Party 50th Anniversary Party 12:00 Lunch 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
9:00 NIA 9:30 Pinochle / Computer Lab 10:00 Tooele Breakfast Trip 10:15 Yoga 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 12:30 Safe Driving Class 12:30 Excel 1:00 Bridge	8:30 Ceramics / 9:15 Keyboard 9:00 Aerobics / Manicures 10:00 Stretching 10:00 Blood Pressure/Glucose 10:30 Email 10:30 Vision Screening 11:00 Consciousness Talks 12:00 Lunch 1:00 Square Dancing 1:00 Pottery Class / Genealogy 2:00 Strength Conditioning	9:30 Yoga 10:30 Brown Bag 11:00 Consciousness Talks 11:15 Chair A'Robics 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
9:00 NIA 9:30 Pinochle / Computer Lab 10:15 Yoga 11:00 Salt Lake Cruise Trip 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge		

## CLASSES...CLASSES

Wed., May 10 at 2:00

### Spiritual Cinema

**Wednesday, May 10** at **2:00** the Center will be showing a full length film that will inspire, educate, heal and transform your life. Following the film, Samadhi Ishaya, a member of the International Society of the Ascension will lead the group in a discussion on the spiritual elements of the film.

May's movie will be "An Angel For May," a poignant tale of healing in two time periods when a young man (Tom Wilkinson) accidentally discovers a portal to the past. □

Friday, May 26 at 11:00

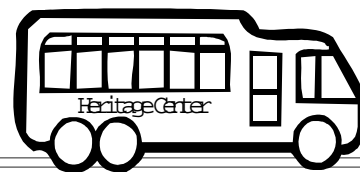
### Consciousness Talks

On **Friday, May 26** a new discussion group will focus on the nature of consciousness. The topic will be "The Lies and Limitations of the Mind." This discussion will talk about how the patterns and beliefs held in our mind are often based on misperceptions we came to accept about ourselves in our early childhood. These misperceptions have formed barriers or limitations which have held us back from our true desires.

In this session, see how simple it can be to turn away from those lies and limitations and discover the beautiful and lovable being that resides within. Samadhi Ishaya from the International Society of the Ascension will be leading this group. □

Travel with friends...

## Center Trips



Tuesday, May 9 - 8:30

### Wendover

Travel to Wendover on **Tuesday, May 9** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$14** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. □

Tuesday, May 16 9:30

### Tahitian NONI Garden

The Center bus will depart at 9:30 for the Tahitian NONI Gardens in Provo on Tuesday, May, 16. Cost of the trip is **\$3** and lunch is on you. A unique menu of Noni based food is served in the Tahitian Noni Cafe and includes sandwiches, salads, soup, pizza, and desserts ranging in price from \$4- \$8.

Noni is a tropical fruit known for its medicinal values. The ancient inhabitants of what is now Tahiti treasured this knotty green tropical fruit as a gift from the gods. They revered it and benefited from all of the nutrients and elements of the noni tree - the fruit, leaves, and seeds. These elements serve as the base for Tahitian NONI products today. You may register for this trip now. □

Wednesday, May 24 - 10:00

### Tooele for Breakfast

Once again the Center bus will be headed to the Tooele Senior Center for the "Best Breakfast in Utah" and music performed by the Tooele Center's volunteer band. The bus will depart the Center at 10:00 May 24 and return about 1:00 pm. **Cost is \$5** for transportation and the breakfast. Bus capacity limited to 19 participants. Sign up now for this trip. □

Wednesday, May 31 - 11:00

### Salt Lake Cruise

The trip will depart the Center at 11am on Wednesday, May 31 and the boat will cast off at noon. Lunch will be served on board during the cruise. We will return to the Center at about 2:30 pm. Cost for this activity is **\$26** and includes bus transportation, the cruise, lunch and gratuity.

The Great Salt Lake is host to the one and a half hour tour on the 65-foot boat. The climate-controlled interior has large windows for panoramic views and open-air areas on the bow, the aft deck, and the upper deck. You may register at this time. □

-- Each person may register for themselves and no more than one other person for each trip --

## RECREATION...RECREATION...RECREATION...RECREATION...RECRE

### News Behind the 8 Ball

Pool equipment is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. We will help you learn the games. □

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### Pinochle - Wednesday's at 9:30

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. Winners from March were: *Gus Royal 663, Dorothy 584, Keith Knowlden 622, Gene Schmidt 618, Keith Knowlden 727.* □

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### Bridge - Mon/Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is held on **Monday, Wednesday** and **Friday** afternoons from 1:00-4:00 p.m. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of bridge play guidelines are posted on the bulletin board in the card room.

High Scores for March were: **Wednesday**-*Sharon Baxter 97, Carol Meyer 85, Theron Moffett 82, Georgette Hulbert 80, Ralph Abrahamson 98. Friday* *Shirl Mitchell 83, Joanne Smith 86, Helen Kuntz 85, Hal Lemke 84, Donna 74* □

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### Canasta Games - Tuesdays 11 - 2:30

Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, anyone can join in on the fun. □

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### Bingo - Wed. & Fri. at 12:45

Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. □

### Line Dancing

#### Tuesdays-10:15 & 2:00

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

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### Square Dancing

#### Thursdays 1:00-2:30

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-2:30.) The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □

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### Red Hatters

#### 1st & 3rd Thursday

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BONKO and on the **3rd Thursday at 12:45** to play Hand & Foot.

The next meetings are on Thurs., **May, 4 & 18**. For additional information contact George at 284-4240.

# RECREATION...RECREATION...RECREATION...RECREATION...RECREATION

## National Senior Center Center Week - May 15-19

### "Senior Centers: Our Community Investment"

Join us as we continue to celebrate 25 years in operation and recognize National Senior Center Week, May 15-19, 2006 with the following activities:

**Monday, May 15** - Open House, Activities, and a BBQ Dinner - all ages are welcome. Enjoy the following activities starting at 3:00 - Red Hatters Hand and Foot Card Games, Line Dancing with Shirlene Lundskog, Multi Center 8 Ball Pool Tournament, and Pottery Making Demonstration. Dinner will be served from 5:00-6:30 and the new tiles in the courtyard unveiled at 6:15.

Tickets are needed for the buffet style Pork Chop meal served anytime between 5:00-6:30. Dinner tickets are \$5 and advance purchase is required. Entertainment with the Mountain Green Volunteers will run from 5:30-6:15.

**Wednesday, May 17** - Cheer on the Heritage Center pool players at the County wide senior 8 ball tournament at the Ritz Classic located at 2265 South State. The tournament begins at 10:30. Good luck Heritage team!

**Friday, 19 May** - Birthday and Anniversary Party (see flyer below)

Enjoy musical entertainment by Lew Squires at 10:30 and then join us as we honor those who are 90 years old and beyond and as we honor those couples married 50 years or more! □

## Thank You

The following organizations, individuals and businesses purchased tiles last month. Thank You!

Art Beeny

Michael Bogan

Sharon Cantonwine

Neil & SueAnn Curtis

Diane Curtz

Turn Community Svc.

Lorraine Hanson

Tues. Night Twisters

Shannon & Paul Jacobs

Esther Neff

Haven Home Health & Hospice

Bonnie Pino

Eta Master BSP

Utah AARP

Bill & Susan Wright

Virginia Wright

## A Birthday Party

for our friends who are 90 years or older  
*and*

## An Anniversary Party

for our friends married 50 years or more

Friday, May 19

10:30 Recognition □ 11:00 Music □ 12:00 Lunch □ 12:45 BINGO

*Those who wish to be recognized as having reached their 90th birthday (or older) and those who have been married 50 years (or more) are invited to stop at the front desk between now and May 18 and fill out a short form which will highlight the person's birth/marriage dates and interesting information. Please bring along a photo or two which we can copy and use for this occasion. Thank you.*

## RECREATION...RECREATION...RECREATION...RECREATION...RECREATION

### The Circus Is Coming To Town

**MAGICIAN**

Clowns  
and More  
Clowns!

11:00 Paul Brewer

10:30 Belly  
Dancers

Lunch at 12:00

**FORTUNE  
TELLER**

### The Circus is Coming to Town

On **Thursday, May 11 at 10:30**, the circus will be stopping at our Center. Tickets are \$7.50 and are on sale now. Reserved seats are required for this event.

The day will start off with the professional clowning of Sammy T. Clown and the volunteer antics of the El Kalah Shrine Clowns. The program will officially start when the Red Hat Belly Dancers take the stage. Paul Brewer a local magician will then thrill us with his magical talents. Paul Brewer and his assistant Jodi have starred in 1,600 sold-out shows at the Lotte World Adventure theme park in Korea. Paul has 30 years of experience entertaining for schools, church functions, and special groups.

Lunch will follow at 12:00. Enjoy a delicious meal featuring ribs, coleslaw, baked potato, and a brownie a la mode. Advance registration is required. For this event you may reserve a single seat or a whole table for you and your friends. ☐

### Golf Season Begins

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$5 is to be paid when registering for the first tournament. Complete schedules and rules are available at the front desk.

5/8 Rose Park (\$36) - 8:00

5/22 Stansbury (\$28) - 9:00

6/5 Gladstan (\$37) - 8:00

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*Friday, May 12*

### Mother's Day

In Honor of Mother's Day, the Center will host a luncheon, provide individual remembrances, and conduct a special Bingo on Friday, May 12 at 11:00. A personal gift will be presented to each lady who eats lunch with us. George will personally place a scoop of vanilla ice cream on the apple pie dessert! Sign up for lunch in the normal fashion. Cost is \$2.50

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### A Fall Boutique is Coming - Committee Volunteers Needed

The Center will be having a Fall Boutique this coming October, and will need some volunteers to help. The Center is looking to form a committee to help organize, advertise, and run the Boutique. The Boutique will be a fundraiser for the Center, and a chance for individual vendors to sell their homemade crafts. If you are interested in serving on the committee or becoming a vendor at the Boutique see George or Daveen. The Boutique will be in October so start crafting now!! ☐

## RECREATION...RECR

### Summer Afternoons on the Patio

Starting in June the Center will help celebrate our new patio by having lunch and entertainment outside once a month. Look in June's newsletter for complete details. **Friday, June 16** is the first summer afternoon on the patio scheduled. This will be a special party for Father's Day as well. Mark your calendars, and celebrate with the Center. See you there![]

### Family Night Series

Bring your children, grandchildren, friends, and family to the Family Night Series in the backyard at the Heritage Center. The concerts are free and are held the second Monday of every month starting at 7:00 pm.

If you'd like to come early and buy dinner, food will be available from 6:00 - 7:00 or you are welcome to bring your own picnic. Complete meals are available to purchase in advance for \$4.50 or \$5.50 at the door. You will also be able to purchase food ala carte as long as it lasts. The entertainment is sponsored by the Murray Cultural Arts department. The summer schedule:

**Monday, June 12** - Mid-Life Crisis, 60's and 70's Rock and Roll.

**Monday, July 10** - Polynesia South Pacific.

**Monday, August 14** - Roots of American Music, Slickrock Gypsies.

## VOLUNTEERS...VOLUNTEERS...VOLUNTEERS

### Taxes Not Exactly Rocket Science for Jim Elmslie - Volunteer of the Month for May

Many of the Center's participants have taken advantage of the friendly, timely, and expert services of Jim Elmslie who has assisted them in the preparation of state and federal income tax returns. Jim has been providing his volunteer services through AARP to seniors for more than 10 years and enjoys the interaction with those he serves. In order to understand all the intricacies of the 1040 and other tax forms Jim must surely be a retired accountant...not even close!

Jim, Dr. Elmslie, earned a Ph.D. in Chemistry from the University of Delaware and shortly thereafter went to work for Hercules in Delaware. It is there where he met his wife, Jean, and the two will celebrate their 52nd anniversary this year. Jim was a researcher for Hercules where he compiled data on solid rocket propellants and helped to design the source of thrust for the giant rocket boosters which have sent our astronauts into space. The Elmslies have two sons who have followed in their father's academic legacy earning doctoral degrees in Physical Education at the University of New Hampshire and Neural Biology at Pennsylvania State University.

Jim was born in 1930 in Quincy, Illinois and resided there until graduation from Quincy High School in 1948 at which time he traveled to Grinnell College in Iowa to begin training for his career in science and play on the college's tennis team. He spent a brief tour in the Army and was pleased to be assigned to duty in Germany. Jim's leisure pastimes include playing tennis on Tuesdays and Thursdays and golf on a couple of days each week.

From those who have benefitted from Jim's years of service to the community, from the staff of the Heritage Center, from the Murray City Council, and from Murray's Mayor Daniel Snarr, we extend our sincere...*THANKS, JIM*. Recognition of this service will be made and a Volunteer of the Month certificate awarded to our "Tax Man" on Wednesday, May 3, at 11:45.

Thank You - Samba Grill  
sponsors of the Volunteer of the Month  
The Samba Grill is located at the Gateway Plaza (162 S. 400 W.)

## SERVICES...SERVICES...SERVICES...SERVICE...SERVICE...SERVICE...

Wednesday, May 1 from 10-1

### Medicare Part D Help

Open enrollment for Medicare's new prescription drug plan ends May 15, 2006. You will still be able to sign up for a Medicare Part D prescription plan after May 15, but you will be penalized each month you delay with an increased monthly premium.

On **Monday, May 1** Medicare volunteers will help guide you through the Medicare web site to choose a plan. Appointments are needed and made at the front desk. Bring the names and dosage of all medications to the appointment. □

Thank You!

### Chateau Brickyard

A special Thank you goes out to Chateau Brickyard for sponsoring some of the entertainment that was held at the Circus this month. Their donation is greatly appreciated!

Chateau Brickyard is a retirement residence located at 3080 South 1300 East. Chateau Brickyard invites you to visit anytime. They have four apartment floorplans and you choose your package of services that could include; two daily meals, housekeeping, scheduled transportation, apartment maintenance, cable TV, social, recreational and spiritual activities, emergency response systems. If you would like to get more information, contact Chateau Brickyard at 466-9999.

Wednesday, May 17 - 11:00-12:30

### Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, May 17 at 11:00.** Appointments are needed and are made at the front desk.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

### Brown Bag

Pick up applications at the front desk for the brown bag food program sponsored by the Food Bank. You must be 65+ with annual income less than \$13,470 for single or \$18,180 for couple.

### May

### Brown Bag Dates

**Friday - 11:15**

**May 12 & 26**

Saturday, June 3 - 8:00-1:00

### Yard Sale in June

The Heritage Center Advisory Board is holding a Yard Sale on **Saturday, June 3.** All money raised will go to the Heritage Center.

Drop by for pancakes or shopping for that bargain item or antique's roadshow goldmine! The sale will run from 8:00-1:00. Pancakes will be served from 8:00-10:30 and no advance tickets are needed. The Center will be closed so come around through the backyard gate.

You may bring in yard sale donations anytime starting on May 16. We will accept donations until the day of the sale. All proceeds will go to the Center.

So clean out the basement, clean out the garage, clean out the shed, and donate your slightly used clean clothes, working appliances, usable furniture, and those unique one of kind items that only sell at a yard sale! We are looking for all sorts of items small and large. Items that someone else might like to purchase (no broken items and only clean slightly used clothing.)

If you'd like to volunteer to help the day of the yard sale, sign up at the front desk.

Bring family, friends, and neighbors to the yard sale on Saturday, June 3. □

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: **Bring Yard Sale** :  
: **Donations** :  
: **starting May 16** :  
: .....  
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# May 2006

## Heritage Center Menu

Make reservations by 12:30 the day before by calling **264-2635**

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$2.50 for persons 55+ - Chef Salad option available with advance request

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SHEPHERDS PIE</b> Green Salad Roll Cherry Cake Or Mixed Fruit	<b>LASAGNA</b> Tossed Salad French Bread Fruit Parfait Or Pears	<b>BEEF TERIYAKI</b> Mixed Vegetables Rice, Roll Apple Cobbler Or Pineapple	<b>TACO SALAD</b> Cantalope Spice Cake Or Apricots	<b>PHILISTEAK SANDWICH</b> Potato Salad Ice Cream Cake Or Apricot
<b>BAKED POTATO BAR</b> Cream Puffs Or Pineapple	<b>CHICKEN SALAD SAND.</b> Chips, Fruit Cocktail Ice Cream Or Peaches	<b>MEATBALLS</b> Noodles Peas, Roll Bread Pudding Or Mixed Fruit	<b>*Circus in town*</b> <b>RIBS</b> Coleslaw Baked Potato Roll Brownie Alamode	<b>BEEF BURGUNDY</b> Noodles Green Beans Roll Turnovers Or Peaches
<b>No Lunch today</b> <b>Dinner from 5-6:30</b> Buffet Style - \$5 <b>PORK CHOPS</b> Spinach & Pasta Salad, Potato Casse- role, Green Beans, Strawberry Cake	<b>STIR FRY PORK</b> Vegetables w/Chow Mein Noodles Cinnamon Roll Or Pineapple	<b>BBQ CHICKEN</b> Coleslaw Carrots Roll Gelatin Fruit Salad Or Pears	<b>STUFFED PEPPERS</b> Cucumber Salad Danish Or Mixed Fruit	<b>ROAST PORK</b> Mashed Potatoes Gravy, Roll Carrots Lemon Squares Or Peaches
<b>SALMON</b> Rice Cauliflower Roll Cookies Or Apricots	<b>BEEF FAJITAS</b> Rice Cinnamon Streusel Or Pineapple	<b>GLAZED HAM</b> Scalloped Potatoes Peas, Roll Chocolate Cake Or Apricots	<b>PORK CUTLETS</b> Rice Pilaf Pudding Or Peaches	<b>SHRIMP SALAD</b> Focaccia Bread Cherry Cobbler Or Pears
<b>CLOSED</b>  <b>MEMORIAL</b>  <b>DAY</b>	<b>QUICHE</b> Fruit Plate Pineapple-Up-Side- Down Cake Or Apricots	<b>SPAGHETTI</b> Green Salad Garlic Bread Carrot Cake Or Peaches		